

## 10. College and Training After High School

Education and training in the K-12 school system is just the beginning of a life-long learning experience for children and youth. During this time, they have the support and guidance of their parents and families, their teachers and school staff, and their IEP team.

Once young adults graduate and leave this system, the support and guidance they receive may not be as well coordinated or as comprehensive. Keep in mind that some young adults may not be eligible for adult services. Young adults will be expected to take more of a leadership role and more responsibility with their education, their work or employment, and in getting the support they will need to continue their training.

Post-secondary education and training is critical to their future success in the world of work, as well as living independently. Planning for this while young adults are still in high school is essential in order for them to succeed when they have less support and are more independent.

### Teachers and School Staff

Teachers and school staff will likely have more opportunities to help young adults plan for post-secondary education and training than other service providers. Through the transition and IEP planning process, comprehensive steps can be put in place to address this area and to ensure that young adults learn the skills they need and develop a solid plan before leaving high school.

#### *Steps You Can Take*

- Begin looking at post-secondary education and training through the IEP and transition planning process as early as possible. Remember to consider community college, four year colleges and universities, as well as vocational training programs and apprenticeships.
- Connect post-secondary education goals to ongoing employment experiences, training, and exploration in the area of career development and jobs and job training.
- Encourage in-person exploration of post-secondary education options such as visiting colleges, technical schools, and other post-secondary training centers.
- Connect young adults to the Disability Student Services Office at post-secondary settings they choose to visit, so they can gather information about the type of support they can receive.
- Help young adults maintain a filing system (such as a notebook, a file folder, or a box) that houses all of their records, awards, transcripts, experiences, and training, so they can bring this with them when they enroll in a post-secondary training setting.
- Encourage young adults to explore their options electronically through web-based research and information gathering and to organize files to hold all of the information they collect.
- Debrief with young adults after they have done an exploration activity to discuss if the options they are considering will meet their needs.